PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTION

SESSION 2: ABUSE IS ABOUT POWER AND CONTROL AND MANY TYPES OF ABUSE ARE USED DURING PREGNANCY TO MAINTAIN CONTROL

TOPIC	Materials (Handouts)	Advisor Talking Points
INTRODUCTION – Review: Current Abuse Status	 Guide 1 - Cycle of Abuse Workbook 1- Cycle of Abuse Assessment 	 Last time we talked about the fact that you and your partner had some conflicts. Conflict is a normal part of relationships and couples have a variety of ways of solving differences. But it is very concerning when couples solve their differences by a woman and her baby being hurt. You remember the last time we talked about how the fighting can affect you or your baby. How are things in your relationship? (Use Workbook 1 - Cycle of Abuse Assessment – let her fill in where she is on the Cycle and give examples) Where are you on the Cycle – Please tell what has happened since we last talked. Tell about any new incidents of abuse. Has your behavior changed? How? Has his behavior changed? New types of abuse? Were you able to carry out any of your Safety Plan? What were you able to do? Which part was harder to carry out?
PARTNER ABUSE EDUCATION: TYPES OF ABUSE	• Guides 2-5 Types of Abuse	 (Refer to Guides 2-5 – Types of Abuse) Abuse is about Power and Control Abuse is not about anger The abuser uses many types of abuse to maintain Power and Control Types Of Abuse Abuse can be physical, sexual, emotional or financial. Its purpose is to control, dominate or hurt an intimate partner through a pattern of controlling behaviors that could include:

*Emotional Abuse *Mental/Intellectual Abuse Name-calling **Silent treatment** Threatening you and claiming he's "just joking" **Jealousy Stalking** * Verbal Abuse * Financial Abuse Yelling or screaming Making you account for all your spending Spending money needed for household on himself **Put downs** or gambling Threatening to take all your money if you leave him * Cultural Abuse Using culture to excuse abusive behavior Putting down your culture * Physical/Threat of Physical Abuse * Spiritual Abuse **Threatening looks** Attacking your beliefs **Driving dangerously** Throwing things at you or near you * Social Abuse **Restraining you** Keeping you isolated Controlling who you spend time with * Sexual Abuse * Using Children Putting you down in front of children Having an affair **Forced Sex** Threatening to take children from you Being critical of how you dress or look Sometimes these types of abuse will make you feel bad or that you are crazy. Having friends or family whom you can talk with will help make you feel better. Who or what has been helpful to you in the past? Who else or What other sources of help might be available to you – think about family, friends or authorities.

SAFETY	• Guide 6 – Safety	(Assess her current abuse status – Use Guide 6 - Safety Assessment Questions)
ASSESSMENT	Status	• Is the abuser – your current partner? Or a former partner?
	Assessment	• Assess Her Safety (Guide 6)
		• Is the abuser here now? Yes No
		• Are you afraid of your partner? Yes No
		• Are you afraid to go home? Yes No
		Has the physical violence increased in severity? Yes No
		Has the abuser ever been reported for child abuse? Yes No
		 Has he threatened to kill you?Yes No Has he threatened to kill himself? Yes No
		Is there a gun in the home? Yes No
		 Does he use drugs or alcohol? Yes No
		There is no Score that equals Danger - in general the more "Yes" answers, the higher the
		potential danger; note if she is afraid to go home or is afraid of her partner; if he has a gun and if
		he is using alcohol or drugs - Express your concern - I am very concerned about your immediate
		safety. There are things we can do right now - you can call a family member or friend, I can call
		the shelter or I can call the social worker - what do you think is best?
OPTIONS	• Guide 7 –	You have options or choices- that will help you to stay safe and to keep your baby safe
01110110	Options	(Refer to Guide 7 – and Pamphlet – Page 3)
	• Pamphlet –	• Your options are to:
	Options – (page	• Stay with the abuser
	3)	• If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom;
	,	remove weapons); Call the police if he abuses again; Attend a battered
		women's support group; Get the abuser to go to batterer's intervention; Get
		him to go to substance abuse treatment; Get counseling for the children; Get
		counseling for yourself
		Remove the abuser (ARREST)
		 Best way to stop the abuse; Temporarily removes the abuser; Police can arrest
		and file charges- woman can file charges and police arrest; Filing a report is
		not the same as filing charges – Ask the police what they are filing; Court can
		order him to batterer intervention program

		 Protective Orders Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan Leave the Abuser Battered Women's Shelter Family or Friends
SAFETY PLAN	 Guide 8– Safety Plan Pamphlet – Safety Plan (page 4) Pamphlet – Resources (page 5) 	 I am glad you were able to talk about the abuse in your relationship. Now we can discuss things you can do to keep you and your baby safe. (Refer to Guide 9 – Safety Plan- page 3 of Pamphlet) TRY TO DO THE FOLLOWING: Hide money Hide extra set of house or car keys Establish code with family and friends Ask neighbors to call police if violence begins Remove weapons Have available Social security numbers (his, yours, children) Rent and utility receipts Birth certificates (yours and children) Bank account numbers Insurance policies and numbers Marriage license or divorce decree Valuables (jewelry) Important telephone numbers Hide bag with extra clothes
PERSONAL RELATIONSHIP STRATEGIES	Guide 9 –Personal Relationship Strategies	 Talk to children What are your Personal Safety Strategies: Will you do something different in the next few weeks? List what steps you will take on the safety plan between now and the next time we meet. Use the Calendar to make notes about conflict and types of abuse and fighting between now and our next session.

	Use Page 5 of the Pamphlet
	• Let's also List or Update other Resources (Telephone Numbers)
	• Emergency
	• Shelter
	• Counseling
	• Legal
	Pregnancy Advisor
	• Other
	• Is it safe for you to take this pamphlet home or should I keep it here?
	• I also have a card with some helpful numbers—it does not indicate that they are abuse
	numbers – would you like to take this home instead?
CONCLUSION	I want you to remember that no pregnant woman or her unborn baby deserves to be hurt.
	You have started to think about options and a plan for your safety and the safety of your
	unborn baby, and your children, who may be witnesses. Each time we meet we will talk
	about what is happening in your relationship with your partner and how things are going
	with your partner and your safety plan.